



## *What is the EAP?*

The Washington State EAP has provided employee assistance services for over 40 years. During one's career, an employee may face personal or work related difficulties or challenges that can affect the ability to perform well on the job.

The WA State Employee Assistance Program (EAP) gives employees and adult household family members the opportunity to talk with an EAP counselor about **personal or work related issues** that are affecting them. EAP counselors conduct an assessment, provide solution focused short term problem solving, and referrals to resources. Consultations are confidential and provided at no cost.

EAP also offers **workplace consultations** to employees, management, and Human Resources with assistance in developing strategies to address workplace issues. Workplace consultations address issues such as work performance, lowered morale, interpersonal conflicts, and wellness concerns. In addition, EAP provides **Incident Stress Management (ISM)** and conducts health and wellness **trainings**.

## *What types of situations can EAP help with?*

Here are a few examples the EAP can assist with:

- You need to have a difficult conversation with your boss and you're looking for coaching.
- Your work-life balance seems out-of-balance and you are getting concerned.
- You begin to notice that you are drinking more than usual and you wonder why.
- You need to have a tough discussion with your employee and you're looking for an action plan.

## *How do I use my EAP?*

It's simple. Call 1-877-313-4455 to set up an appointment. An EAP staff member will triage your information and depending on the situation will refer you to one of our contracted providers in your area or schedule you to talk with one of our EAP staff counselors. We can set you up with a confidential face-to-face assessment and referral session with one of our licensed EAP providers, close to your work or your home.

Call us any time at 1-877-313-4455 and we'll start a referral for you. [www.eap.wa.gov](http://www.eap.wa.gov)